

HIBISCUS QUESADILLA (QUESABISCUS)

From the Kitchen of: Sarah Boylan, Warehouse Manager, Arbor Teas

Preparation Time: 10 minutes | Cook Time: 10 minutes | Yield: 4 quesadillas

Common Allergens: Milk



According to Sarah, "this delicious flower-powered quesadilla is sure to please vegetarians and omnivores alike! Hibiscus calyxes are gaining popularity as a meat-substitute and work a special magic in this recipe. The rehydrated organic hibiscus adds a gentle chewy texture, lush color and unique flavor to this quick and tasty meal."

The Arbor Teas team has several vegetarians on staff and were excited to try this recipe when they came across it in a New York Times article.

INSTRUCTIONS:

- Bring 2 cups of water to a boil in a medium saucepan. Add hibiscus, and simmer for about 2 minutes. Strain, reserving liquid for hibiscus tea.
- Roughly chop the steeped and strained hibiscus (optional).
- In a large skillet, heat 2 Tablespoons of oil over medium heat. Add the sliced jalapeno and onion, and sauté, stirring occasionally, until the onions begin to brown, about 6 minutes.
- Add the hibiscus and sauté until the mixture is shiny and most of the water has evaporated, about 2 minutes.
- Season the vegetable mixture to taste with salt and pepper and set aside. Wipe out the skillet.
- Divide the cheese among the corn tortillas, sprinkling to cover $\frac{1}{2}$ of each. Spoon the hibiscus mixture on top of the cheese, followed by the cilantro.
- Fold the tortillas in half over the filling and press down firmly.
- Heat the remaining 1 Tablespoon of oil in the skillet over medium heat. Once heated, place 2 prepared quesadillas into the pan, and cook until the cheese has melted and the tortilla is lightly browned underneath, about 2 minutes.
- Carefully flip the quesadillas and cook them until the other side is browned. Repeat with the remaining quesadillas.
- Serve the quesadillas immediately, with salsa (optional).

INGREDIENTS:

- 1/4 cup organic hibiscus
- 3 Tablespoons neutral oil, such as canola or avocado oil
- 1 medium jalapeño, halved and seeded, and thinly sliced
- 1 yellow onion, thinly sliced
- Salt and pepper, to taste
- 1 cup cheese, such as queso fresco, feta, or monterey jack, crumbled or grated
- 8 (six-inch) corn tortillas
- 1 handful fresh cilantro, roughly chopped
- Fresh salsa (optional)